



# City Update

News and Information for City of Saint Paul Employees

February 12, 1999

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### **Mayor**

Norm Coleman

### **Council Members**

Dan Bostrom, council president

Jerry Blakey

Christopher Coleman

Michael Harris

Jay Benanav

Jim Reiter

Kathy Lantry

## **Mayor announces Executive Board for Compete Saint Paul**

Mayor Norm Coleman announced the formation of the Compete Saint Paul Executive Board. This board will be made up of key leaders and managers throughout City government who will be responsible for selection of initial projects for consideration in the initiative.

The goal of Compete Saint Paul is to use competition as a force to improve the quality and reduce the cost for City services. Ultimately by working with City employees, Compete Saint Paul will improve the way services are delivered to taxpayers, the customers of City services, benefiting both the employees and citizens of Saint Paul. This initiative will work to find the best way to deliver, not all services, but specific services. City employees will be allowed to compete with the private sector bidding for specific projects. If City employees show they can do a job better than the private sector, they will continue to provide the service. If the private sector clearly has a better alternative, the right decision will be made for the taxpayers to go with the private sector.

The Executive Board, pictured above, will be chaired by the mayor with Mary Kearney, the City's Director of Labor Relations, serving as Vice Chair. Other permanent directors of the board are Joe Reid, Director of the City's Office of Financial Services and Bob Sandquist, Director of Fleet Services. They will be joined by other management staff selected by the mayor. Initially those members are Brian Sweeney, Mayor's Director of Strategic Policy; Gayle Meyer, Assistant to the General



Manager of Water Utility; Nancy Di Perna, a Commander of the Police Department's Central District; John Maczko, Director of the Traffic Division within Public Works; and Bruce Engelbrekt, presently a budget analyst in the Office of Financial Services, who will move into the Mayor's Office and serve as the full time staff for the group. He has worked on the City's capital and operational budget for seven years. For more information about this initiative, view the City's web page [www.stpaul.gov/mayor/competestpaul](http://www.stpaul.gov/mayor/competestpaul) or contact Bruce Engelbrekt, presently at 266-8546.

## **Saint Paul announces "Everybody Counts" task force**

A special task force has been set up to lead the City's efforts to increase participation in the upcoming Census 2000. The "Everybody Counts" Task Force will include representatives from a number of communities who will work with populations who historically have been under-counted. The goal is to establish a huge outreach program to make citizens aware of the program and to establish the initial trust and the confidence that is necessary to make the program a success. Question-answer booths will be set up throughout the city for citizens to go to for help with the census forms. The task force will also be looking for support from the community and businesses to make this program a success.

*Saint Paul*  
Celebrating 150 Years

## Healthy Habits: Avoid Illness and Enjoy Life More!

We all know how expensive medical care can be. With doctor co-payments, prescription medications, time away from work, and more, it really adds up! Plus, medical insurance premiums are based on the chances that you may become ill or be injured—just like automobile insurance is based on your driving habits and history.

The good news is that many medical problems can be avoided! While regular physicals can detect many illnesses at an early stage, it's even better to avoid them altogether. You can take steps in four major areas to significantly reduce your risks for problems like cancer, heart disease and heart attack, diabetes, and more, which will help you live a longer, healthier life, and save money, too!

## What You Can Do

Even small changes in your lifestyle can have far-reaching effects on your health. By working on your habits in the areas of weight management, smoking cessation, physical activity, and healthy eating, you'll reduce your risks of many illnesses. You'll also increase your energy to really live life to the fullest!

**Weight Management** -- Controlling your weight can help you lower your blood pressure, which lowers your risks for heart disease and stroke. Nearly 70% of diagnosed cases of heart disease are related to obesity. Plus, nearly half of all Type 2 diabetes could be prevented if people maintained healthy body weights.

**Smoking Cessation** -- Quitting smoking helps reduce your blood pressure and significantly lowers your risk of heart attack, as well as lung, larynx, mouth, esophagus, bladder, kidney, pancreas, and cervical cancers. Smoking increases your risk of gum disease. Pregnant women who smoke may risk premature birth and low birth weight for their babies. Children exposed to secondhand smoke are more likely to develop asthma and chronic ear infections.

**Physical Activity** — Regular physical activity helps reduce your risks of several forms of cancer, including breast and prostate cancers. It reduces your odds of having a heart attack or of dying of heart disease. Exercise also helps lower high blood pressure, improves your cholesterol balance, and can reduce your risk of developing diabetes by up to 42%. Plus, physical activity is a great way to relieve stress and manage your weight!

**Healthful Eating** — Obviously, eating well helps you control your weight, but it also gives you more energy. A balanced diet can help you resist many common illnesses and infections, avoid stroke, and reduce your risk of heart disease and heart attack. Eating five or more servings of fruits and vegetables each day cuts your cancer risk in half, and helps prevent diabetes. A balanced diet also gives you more energy, and can help expectant women prevent pregnancy complications and birth defects.

## Let the City and HealthPartners Get You Started!

The City of Saint Paul and HealthPartners want to help you develop healthy habits and stay healthy. You can start with a call to HealthPartners' Partners for Better Health Phone Line at 612-883-7498. Nurses, nutritionists, and health educators can help you develop a health action plan, and connect you with great resources to get started.



### Meals on Wheels needs your help

Join other City employees for an informational session about Meals on Wheels **February 17, 1:30 p.m. to 2:30 p.m., 40A City Hall**. Learn how a minimum investment of one hour per month can help people who are elderly or disabled remain in their own home. Volunteer to deliver nutritious meals and friendly smiles on your lunch break to people in your community who are home-bound and unable to manage their own meal preparation. If you don't drive or don't have a car, you will be paired with someone who does. Each of our modest investments can accomplish a lot. For more information contact Michelle Vanheel, 266-8502.





## Karl Neid Community Involvement Award

The process has begun for a City employee to be nominated to receive the Karl Neid Community Involvement Award. The Karl Neid Award is an annual opportunity to recognize a City employee who exemplifies public employment while at the same time contributing to improve the quality of life in a community. Preference will be given to employees whose involvement directly benefits the community within the city of Saint Paul.

Nominations may be submitted by City employees, citizens or bargaining units. **The deadline for receiving nominations is Friday, April 2.**

A selection team composed of bargaining unit representatives will screen the nominations and make a final recommendation to the mayor. Individuals who have already won the award may not be nominated again. However, past nominees may be renominated.

Please take the time to consider nominating a deserving City employee who often goes that extra mile. There will be an awards ceremony in May recognizing this year's recipient. The date is yet to be determined. If you need any information on this award, or to obtain a registration form, contact Darlyne Morrow, 266-8525.

## Hoyt-Montana project in initial phases

Phase one has begun on the Hoyt-Montana project. The City has purchased 29 out of flood-damaged 34 properties on the North and South side of Hoyt and the North side of Montana. Two houses, which were declared uninhabitable, have been demolished. Most of these homes have been vacant since the 1997 floods. A task force, which was organized in 1997, recommended the homes be purchased and a dry pond be constructed in their place. The dry pond will be used as a soccer field and green space in the dry season and as drainage in the rainy season. Phase two, the construction of the pond, will not begin until 2000. A majority of the homes purchased have already been leased to residents. For more information on phase one of the Hoyt-Montana project call Peter White, 266-8853.

## Flats off to you!

Snowplow drivers have been busy this year. "In a typical year we expect to have six snow emergencies," said Gary Erichson, Public Works Street Maintenance. "In the month of



January, in a two week span, we had four." Thirty-one inches of snow fell in January; the third highest in our history. All City workers who pulled through in this snowy situation should be recognized. "This can be a very stressful time for our employees and they really came through this year," said Erichson. City employees put in extremely long hours to plow the entire city in 20 hours; that is 900 miles of streets. "In a time like this we depend on our regular core employees to work very long hours," Erichson said. We also bring back laid-off employees; volunteers from other divisions, such as public works and parks, and within the City; and private contract workers. We need to recognize everyone who participates in snow emergencies from the dispatchers and sanders, to the snowplowers themselves.

## On the Calendar

**Saturday, February 13**  
Sound Fest. A museum-wide family event about sound held in collaboration with the Minnesota Orchestra and the Science Museum of Minnesota, 11 a.m. - 4 p.m. Adults, \$5; seniors and children 4-15, \$4; free with museum admission. 651-221-9444. Downtown.

37th Annual 

**\$1<sup>00</sup> OFF WORLD OF WHEELS® \$1<sup>00</sup> OFF**

**RIVERCENTRE® February 12-14**

SEE BACK OF COUPON FOR RESTRICTIONS AND EXPIRATION DATE

Friday, February 12 • 5 pm - 10 pm    Saturday, February 13 • 11 am - 10 pm    Sunday, February 14 • 11 am - 7 pm

 **PERFORMANCE PARTS**

STREET RACING SERIES

*Championship Auto Shows invite you to redeem this coupon for one dollar off each adult ticket.*



This offer is redeemable only during normal show hours at the RiverCentre location. Not redeemable for cash. Not good with any other coupon or discount offer.



## Pioneer Party Calendar

The City is celebrating its sesquicentennial by having 150 Pioneer Parties throughout 1999. Dates and locations of Pioneer Parties will be announced on the City's web page, [www.stpaul.gov/activities/stpaul150](http://www.stpaul.gov/activities/stpaul150), Pioneer Press Express section, on KS95, and on KSTP AM 1500.

## 150 Trivia

Each week a trivia question about the history of Saint Paul will appear in the Update with answers appearing in the following issue. This issue's trivia question is:

February 12 issue's trivia question is:

**Q: When was the first air flight in Saint Paul?**

Last issue's trivia question (January 29, 1999):

**Q: Name three pop songs which refer to Saint Paul in their lyrics?**

**A:** Thanks to employee input we actually came up with 4 songs. Here they are:

**1. "Big River" by Johnny Cash, 2. "Leader of the Band" by Dan Fogelberg, 3. "Me and You and a Dog named Boo" by Lobo, and 4. "Let's get away from it all" Frank Sinatra.**

## The Japanese Garden in Como Park needs Volunteers

Every day of the week, May through September, from 10 a.m. - 6 p.m., the outdoor Japanese Garden will be open to visitors. In April new volunteers will be trained as guides in the Japanese Garden joining experienced volunteers for the summer season. Particularly needed are volunteers available to work on weekends.

Would you like the regular benefits received from being in this tranquil garden once a week or every other week for three hours? Do you want to learn about the history, philosophy and symbolism of the Japanese Gardens? Can you learn to share your acquired knowledge with garden visitors? No prior knowledge about Japanese Gardens is expected. It is expected that most volunteers will take some time off to vacation, making the summer season commitment easier. The dates of the three-part required training for volunteer guides are: Saturday, April 17th, and Thursday evenings, April 22 and 29. Call Karyn Thompson at 651-487-8247 and inquire about this opportunity or tour the garden online at [www.stpaul.gov/parksrec/garden](http://www.stpaul.gov/parksrec/garden).

### City Update

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*City Update* is a bi-weekly newsletter for City employees published by the Citizen Service Office of the City of Saint Paul. Submission deadline is noon on Tuesday, one week before payday. Call 266-8680 for information or for a calendar.



## Job Openings as of February 12, 1999

Application Deadline	Title	Bi-weekly or Hourly Salary Rate	Exam Date
02/23/99	Clerk-Typist III	\$1005.42	TBN
02/16/99	Engineering Aide II	\$1057.74	02/23/99
Open	House Custodian I (part-time)	\$7.00 per hr	TBN
02/26/99	Park Aide (seasonal/part-time)	\$6.88 hr	Qualify
02/23/99	Secretary (promotional)	\$1179.15	TBN
Open	Ticket Sellers - RiverCentre (part-time)	\$5.50 per hr (in training)	TBN
02/22/99	Traffic Maintenance Worker	\$14.46 per hr	03/05/99

**\*\*This is a walk-in-examination. Do not submit a job application before the test.**

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: (651) 266-6500 (TTY/TDD (651) 266-6501). For jobs announced after February 4, please call our 24-hour job line, (651) 266-6502.